

## Features : Senior Citizens Deserve Better Healthcare

KUALA LUMPUR (Bernama) – Ageing is an inevitable portion of life. As our parents turn older, they go sick, anemic and frail.

While aged attraction tin beryllium hard with its galore demands, it is inactive important to supply them what they merit for their ain health, safety, and well-being.

“There is nary denying that caregiving for the aged tin beryllium a demanding task, and often I find myself caught betwixt my ain needs and the aged that I attraction for,” a superior schoolhouse teacher successful Cheras, Abdul Hadi Zulkifli said.

Abdul Hadi, 30, who is presently juggling moving and caring for his parents, successful their 50s, is portion of the sandwich procreation – a procreation of people, typically successful their thirties oregon forties, liable some for bringing up their ain children and for the attraction of their ageing parents.

Both helium and his different siblings transportation a load of engaged lives with careers and responsibilities, and ensuring that their ageing parents are financially and physically cared for.

Abdul Hadi visits his parents, who unrecorded unsocial successful Rembau, Negeri Sembilan astir each weekend. They antecedently owned a barroom shop, which was acceptable up successful 2004, but had to cease cognition successful 2015 and negotiate from home, with concern generated from regular and loyal customers.

### SENIOR CARE AT ITS BEST

The **Department of Statistics Malaysia (DOSM)** has projected the colonisation of Malaysians aged 60 years and supra to treble to 5.8 cardinal by 2030 from 2.3 cardinal successful 2020, making Malaysia an ageing society.

In the airy of this trend, attraction for the aged has immense potential, according to experts and manufacture players.

Given the expanding request for aged attraction centres, Komune Living & Wellness (KLW), the largest co-living and wellness hub successful Southeast Asia was officially launched connected May 12.

Managed by UOA Group’s hospitality arm, the development, located alongside a serene 99-acre parkland successful Cheras, is the archetypal integrated installation successful Asia that combines elder co-living spaces with a dedicated wellness hub. The project offers nonrecreational elder attraction services, accepted Chinese medicine (TCM) and pampering options for some residents and guests.

KLW General Manager Mark Chen said the hub aims to make a harmless and engaging assemblage for seniors, wherever they tin property actively with each the facilities and enactment they need to support their carnal and intelligence wellbeing.

“We understand some stigma oregon guilt associated with the thought of putting parents into care, owed to aged stereotypes of what elder attraction is. That is wherefore we create a caller conception

of elder attraction based connected world-class facilities that enable seniors to person amusive successful a determination which is accessible and enjoyable for their families to visit and adjacent stay,” helium said.

“Recent probe has shown the bonds of assemblage and societal engagement are cardinal factors successful sustaining wellness and longevity and this doctrine has driven the improvement of KLV.

“We believe our elder co-living model, supported by precocious prime communal facilities and activities, arsenic good arsenic top-notch on-site aesculapian facilities and care, offers a unsocial solution,” Chen added.

#### VARIETY OF AMENITIES

KLV provides residents and guests with implicit 20 antithetic amenities and facilities crossed 40,000 sq ft of abstraction dedicated to wellness and assemblage activities. These indoor facilities see a heated swimming pool, movie theatrette and specially equipped gymnasium.

The little levels of the improvement are accessible to the nationalist and diagnostic a fig of different amenities that guests, residents and visiting friends and household tin basket specified arsenic a mini-mart, pharmacy, hairsbreadth and quality salon, and adjacent a childcare centre.

Others see a fig of aesculapian practices, specified arsenic a wide medicine practice, dental practice, ambulatory day-care screening services, aesculapian aesthetics session and anti-ageing session providing services specified arsenic stem compartment treatments. Also, UOA partners with wellness specializer Tong Xin Tang to connection TCM services, specified arsenic acupuncture, massage and cupping. These services see implicit 50 backstage consultation and attraction rooms.

A collaboration betwixt UOA and elder surviving specializer Care Concierge besides sees KLV connection Komune Care - a installation with 260-resort similar assisted surviving suites for elder day-care services. It is the largest elder day-care installation successful the state astatine 6,600 sq ft, supported by nurses and experienced elder caregivers.

This allows seniors to person indispensable attraction arsenic they enactment successful a life-enriching community, cognitive and carnal wellness activities. These activities are specifically tailored by occupational therapists to champion suit their attraction needs and includes an exclusive award-winning euphony therapy programme.

“Senior co-living residents volition person entree to either autarkic oregon assisted surviving accommodation options wrong the development.

“The Independent Living Studios are suitable for autarkic and progressive retirees, but tin beryllium customised to see peculiar services specified arsenic afloat oregon part-time attraction packages, an exigency effect system, aesculapian escort services and steadfast repast plans. The Assisted Living Studios are designed for seniors who necessitate the assistance of caregivers round-the-clock,” helium added.

Chen said its spouse Komune Care operates the Assisted Living Units (ALU), providing attraction services for elder citizens with an mean occupancy of 15 per cent retired of the 55 rooms it is presently operating.

As for co-living edifice rooms, helium said, a full of 212 rooms are successful operation, with an mean occupancy of 30 per cent to date. Out of a full of 792 rooms, 204 are ALU (rooms) catering to elder citizens who needed assisted attraction services.

He said the 173 sq ft workplace queen country is priced from RM180+ per nighttime compared to the two-bedroom studio. The terms of the 347 sq ft two-bedroom workplace ranges from RM410+ per night.

As for its one-bedroom suites, Chen said it volition beryllium acceptable successful extremity of August, and country sizes scope from 346 to 515 sq and priced from RM460 + per night.

“Prices for the Independent Living Studios for progressive seniors volition commencement from RM2,100 per month. As for the Assisted Living Studios for seniors who request much dedicated, round-the-clock personalised care, prices volition commencement from RM6,800 per month,” helium added.

### BOOSTING MEDICAL TOURISM SECTOR

Meanwhile, elder lecturer astatine the Department of Recreation and Ecotourism, Faculty of Forestry and Environment, Universiti Putra Malaysia, Assoc Prof Dr Siti Suriawati Isa said due absorption of elder attraction facilities is needed for activities and programmes for their residents.

She said elder attraction facilities similar KLR are overmuch needed due to the changing patterns successful the Malaysian household arsenic astir household members are working, with the outgo of hiring a home helper becoming highly expensive.

“We person to beryllium prepared as Malaysia is predicted to scope its ageing federation presumption arsenic it is estimated that 15 per cent of Malaysia’s colonisation volition beryllium implicit 60 years aged successful 2030.

“Currently, the authorities is introducing galore fiscal assistance and programmes for elder citizens successful Malaysia but many different areas inactive request to beryllium improved peculiarly successful healthcare, fiscal services, metropolis readying and societal services,” she said.

She added, healthcare improvements for elder citizens would augur good for Malaysia’s aesculapian tourism sector, noting that aesculapian tourism has been contributing importantly to the nationalist income for implicit a decade.

“Since 2015, our state is ranked arsenic among the apical 10 aesculapian tourism destinations successful the world. In 2019, we received 1.3 cardinal aesculapian tourists and if we tin amended our elder attraction facilities, we volition pull much aesculapian tourists to come. Plus, 4 backstage aesculapian institutions successful Malaysia received awards astatine the prestigious Medical Travel Awards 2020 successful London.

“With the reopening of satellite borders to tourists owed to the COVID-19 endemic modulation phase, the fig of planetary tourists to Malaysia volition summation substantially including aesculapian tourists. Over time, the home marketplace for this assemblage volition support connected increasing positively due to the fact that galore Malaysians are inactive not consenting to question abroad.

“But for aged people, it is champion for them not to question acold from location due to the fact that the pandemic concern is not wholly over. Private healthcare is ever the champion enactment for

Malaysians to get speedy aesculapian attraction compared to authorities healthcare services,” she added.

To this, Siti Suriawati urged manufacture players to fortify their home beingness and amended their services arsenic good arsenic pat the enormous opportunities disposable successful the planetary markets.

At the aforesaid time, the authorities should supply bigger allocations to the nationalist healthcare assemblage to let them to revamp their facilities and services for the betterment of everyone, she added.

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